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**GIANT PANDA
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ENDANGERED**
metroNEWS



Dalhousie students participate in the annual Shinerama Campaign near the Public Gardens on Monday.

JEFF HARPER/METRO

THEY'RE BACK

University students have descended onto our city
metroNEWS

Guns for bus tickets pitched

COUNCIL DEBATE

Buyback programs like these 'do not directly decrease violence': Report

 **Zane Woodford**
Metro | Halifax

Halifax regional council will consider a new gun buyback program at its meeting on Tuesday, but one councillor isn't sure the program provides enough incentive.

The "Gun Amnesty Program," recommended in a staff report headed to council for debate, would allow people to trade any firearms or ammunition to the municipality in exchange for 50 Halifax Transit tickets.

"I don't think the bus tickets are an incentive one way or the other, to be honest," said Coun. Steve Craig. "Those people who have a criminal intent, or want to either deal in firearms, or want to use firearms ... I think a bus ticket's not going to mean

anything to them."

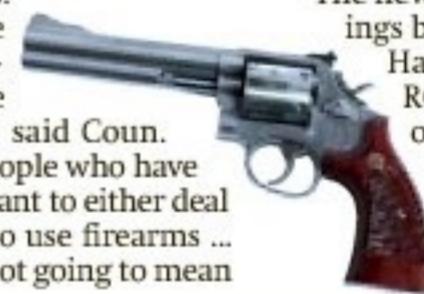
The staff report says programs like these "do not directly decrease violence," but they do provide a platform to raise awareness of gun violence, and any gun turned in is one that can't be stolen and used in a shooting.

People handing over the guns would be able to do so "without the fear of being charged for possession of an unrestricted, restricted or prohibited firearm," but police will be checking all the guns, and investigating if any "were found to be implicated in any kind of prior criminal activity."

The program would cost about \$5,000, depending on how many people turn in guns. In 2009, a similar program called Pixels for Pistols — in which people who brought in guns received a camera in exchange — netted more than 1,000 guns and 10,000 rounds of ammunition.

The new program stems from meetings between Mayor Mike Savage, Halifax Regional Police and RCMP leaders, and members of the public after "a spate of gun violence earlier this spring in HRM involving the deaths of four young men."

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HEALTH

Province looks into hepatitis outbreak

Public health officials in Nova Scotia are investigating a hepatitis A outbreak linked to two child care centres in the Halifax area.

In a statement Monday, Nova Scotia Health Authority confirmed a cluster of cases of hepatitis A associated with Kids & Company in Hammonds Plains and Grace Note Child Care Centre in Halifax.

The agency said the source of the infection has yet to be determined.

Medical Officer of Health Dr. Gaynor Watson-Creed said health workers are working to identify potential additional cases in children, staff and families who may have been exposed to the viral disease.

The province is offering free hepatitis A vaccines to people who may have come in contact with the virus to help prevent them from getting sick.

The health authority says the child care centres are working with provincial environment and education officials about cleaning procedures and other precautions to prevent further infection.

According to the World Health Organization, hepatitis A is a liver disease that can cause mild to severe illness, but almost everyone recovers fully with a lifelong immunity to the virus.

THE CANADIAN PRESS

Sexual assault claim is 'unfounded,' police say

SHERBROOKE

Community was on high alert after accusation



Philip Croucher
Metro | Halifax

Police say a woman claiming someone she didn't know had

sexually assaulted her in a rural Nova Scotia community wasn't telling the truth.

In a release issued Monday, police say they completed their investigation into the sexual assault complaint and determined it to be 'unfounded.'

They have also now charged a 24-year-old Sherbrooke woman with public mischief.

"We put a lot of resources into this.... You had a community that was upset and concerned," said RCMP spokesman

Cpl. Dal Hutchinson.

"Given the fact that we have laid a public mischief charge ... the sexual assault complaint was unfounded," he added.

In a release issued Saturday, the RCMP said around 7 p.m. Friday, a man drove up to a residence in the rural community of Sherbrooke. A woman

was outside and the accused approached her. After a short conversation, police said the man sexually assaulted her and then fled the scene in a vehicle.

The two weren't known to one another, police added.

On Sunday, police issued an update and were asking for the public's help in find-

ing the suspect. The release included a description of a wanted man; even noting the victim described her assailant as wearing cologne described as sweet pine.

Hutchinson won't say if anyone actually interacted with the 24-year-old woman now charged, as he said those details will come out at court.

As for how police are feeling given this apparent assault never took place, Hutchinson said they were doing their job.

From a police point of view, we take all complaints seriously.

RCMP Cpl. Dal Hutchinson



LABOUR DAY WORKERS SING TO THE SAME TUNE

Members of the Atlantic Federation of Musicians Local 571 take part in a Labour Day march with other unions on Monday on Spring Garden Road. The march began at Victoria Park and ended at the Halifax Common, where there were speeches and events.

JEFF HARPER/METRO

WEATHER

Hermine expected to bypass Nova Scotia



Satellite image taken of post-tropical storm Hermine.

NOAA/WEATHER UNDERGROUND/
THE ASSOCIATED PRESS

Environment officials say Maritimers should brace themselves for blustery weather during the first week of school, as post-tropical storm Hermine makes its way up the East Coast.

Doug Mercer of the Canadian Hurricane Centre says Atlantic Canada will be spared the flooding and lashing winds that battered the United States as the storm made its way from Florida to Virginia over the holiday weekend, causing two deaths, power outages and severe

property damage.

The meteorologist says the Category 1 hurricane has been downgraded to a post-tropical storm and is projected to continue to lose steam as it hits Canadian waters mid to late this week.

He adds it will not make landfall.

Merger says residents of the six counties in Nova Scotia most likely to be affected by the storm — Lunenburg, Queens, Shelburne, Yarmouth, Halifax Metro, Halifax County West and Halifax

County east of Porters Lake — can expect showers and wind resistance on their way to work, but says "it might just be like a blustery fall day."

He says there is a small possibility of the gale-force winds along the Atlantic coast of mainland Nova Scotia and predicts local rip currents on some beaches.

Merger says the path of the storm is still uncertain, so people should check their weather forecasts in case the intensity changes.

THE CANADIAN PRESS

WATERVILLE

Six injured after riot at youth facility

Police say six people were injured, including five workers, after a riot broke out between staff and inmates at the Nova Scotia Youth Facility.

The RCMP say the incident happened Sunday and involved four teens at the Waterville facility — two 17-year-olds, one 18-year-old and a 19-year-old — and several staff members.

When the riot was broken up, four youth workers were taken to hospital for non-life threatening injuries. They have all since been

CHARGES

A 19-year-old man has been charged with mischief and rioting. An 18-year-old is charged with mischief, rioting and assault causing bodily harm.

released. Paramedics treated another youth-care worker and a youth inmate was also hurt.

The four youth were arrested.

PHILIP CROUCHER/METRO

 HALIFAX HEROES Ordinary people doing extraordinary things

Teaching girls to be 'their best'

LEADERSHIP

Vice principal helping youth enhance their self-esteem

 **Yvette d'Entremont**
Metro | Halifax

For the past eight years, Tracey Quinn has helped empower the lives of young girls through a volunteer program she co-founded.

The vice principal at Beechville-Lakeside-Timberlea Senior Elementary School is one of the driving forces behind a group called Strong Girls Leadership Association (SGLA) (www.stronggirls.ca).

The stated goal of the grassroots project is to help young women explore and enhance their self-image, self-esteem, social relationships and personal growth.

"Essentially we teach girls how to shine from the inside out and we use five core stars. Those are peace, respect, friendship, wellness and beauty," Quinn said in an interview.

"It's teaching them how to use their inner qualities to be at their own best. Not the best. But their best."

The non-profit grew from a collaboration between Quinn and Lisa MacDonald, who is also a Halifax-area elementary school vice principal.

MacDonald was running a girls group in her own school for two years before meeting Quinn.

"Lisa worked at an inner city school and noticed that the girls were kind of blending in with the walls so to speak, and she felt something needed to be done and so she started run-



Tracey Quinn behind Beechville-Lakeside-Timberlea Senior Elementary School, where she works as vice principal. ZANE WOODFORD/METRO

ning her girls' groups," Quinn recalled.

"I got on board and did a one-day workshop at my school. From there we were developing our own lessons and then thought we could put it into our own guide."

The pair developed their own curriculum and now train other Halifax Regional School Board teachers.

To date, 35 from the Halifax board have received Strong Girls training, and one from the Chignecto school board has also participated.

Quinn is president of the

association. She said although the program isn't age specific, because she and MacDonald are both elementary school teachers they target girls in grades five and six.

"We've had girls come in that are very passive, very shy and very withdrawn, but as we begin to work with them and they begin to be part of the group and form a girls group community, they begin to find their voice," she said.

"They begin to develop friendships, they begin to solve problems in an effective way, and they are no longer being

that passive bystander when it comes to conflict or what have you."

The program runs from September to June.

"(By the end) we see a difference in the girls in that they begin to be more confident in the way that they walk or in the way that they talk," she said.

"At that age with girls, that's when friendships and conflict and self image and media and sexualization and all of that stuff comes into play. So for them to have some of the tools that we teach them on how to empower themselves from the

inside out, that really shifts some of their mindsets."

In five years Quinn would like to have a designated facility to run workshops for girls, boys and parents.

She said her association plans to offer more frequent teacher conferences and next spring will offer their first one-day conference just for girls.

"We're both vice principals in school and we're both single mothers and doing this on our own time, rocking it to see where it's going to go," she said.

"We're very, very excited."

NOMINATIONS

Do you have someone to nominate?

Each Monday, we will profile an unsung volunteer hero in our community as part of Halifax Heroes.

To nominate someone, email philip.croucher@metronews.ca, Metro Halifax's managing editor, or Tweet @[metrohalifax](https://twitter.com/metrohalifax) using the hashtag #Halifaxheroes



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Agriculture college rebuilding after fire

DALHOUSIE

One year later, final plans now in the works

The space where the Dalhousie Agricultural Campus's feed storage facility stood, remains empty a year after it was destroyed in a spectacular fire.

But the effort continues to restore what was lost.

"Since then, there's a lot of work that's been done on assessments of our silos to see if they are still safe," said Dr. David Gray, dean of the Faculty of Agriculture and campus principal. "We had made alternate arrangements for our feed storage, so when students returned in September there was no impact on teaching and no impact on research."

It was around 6:30 p.m. Aug. 24, 2015, when Bible Hill firefighters responded to an alarm at the centre. The blaze was



Just over a year ago **Dr. David Gray** rushed to this part of the Dalhousie Agricultural Campus. The feed storage area at the Ruminant Animal Centre was destroyed by fire. TC MEDIA

such that firefighters from Truro, Onslow-Belmont, Valley Kemptown, and North River were needed for assistance.

The feed storage had to be demolished; any minimal damage to the dairy centre was fixed not long after the fire. The feed is currently being kept in a storage facility behind the

Boulden Building.

At the same time, the faculty and campus was in the process of creating a capital fundraising campaign, which included the Ruminant Animal Centre, specifically the dairy section.

"We decided then to factor in a replacement of the feed storage area," said the dean.

THE COST

Without designs being drawn up, Dr. David Gray said cost of the project remains uncertain – along with the timeline – but it will be in the millions.

In collaboration with an agricultural engineering company, work on the project is underway. "We are planning for two phases, with the first phase being the feed barn and the second being a state-of-the-art dairy facility. It just makes more sense to link these two together," said Gray.

Faculty are identifying the needs of the animal centre, along with the needs of the staff and students at the campus.

"What it will look like, how it will work... to ensure the industry continues over the next 10, 15, 20 years."

TC MEDIA

OLD FARMER'S ALMANAC

Province in for cold, snow-filled winter

Read on if you like cold and snow.

If you're still having nightmares from the winter of 2014-15, you may want to avert your gaze.

The 2017 Old Farmer's Almanac Canadian Edition is forecasting a winter that could bring back memories of two years ago when Snowmageddon dumped a winter's worth of snow on the Maritimes in just a few weeks.

"It's going to be a good winter to be in the snowblower business. We're looking at colder than normal temperatures and we're looking at precipitation that will be close to normal, but above. The same goes for snow, close to normal but above," the almanac's managing editor Jack Burnett said. "It's sort of a trifecta of cold, more precipitation and more snow."

Burnett, who is based in Dublin, N.H., is very familiar with the winter of 2014-15

and the impact it had on the Maritimes.

He sees this winter shaping up to be very similar to that one — although the almanac is predicting an earlier start to the snow and a strong likelihood of a white Christmas.

"We're going back to the good old days when you had to wear your woollies all the time," Burnett said.

The almanac is predicting the coldest periods will be in mid to late December, mid to late January and

mid-February. The snowiest periods will be mid to late December, mid to late February and late February.

The almanac, which is releasing its 225th annual weather forecast, suggests its forecasts are accurate 80 per cent of the time. It derives its forecasts from a secret formula devised by founder Robert B. Thomas in 1792. Thomas believed the weather is influenced by sunspots. TC MEDIA

“

You guys are in a good position to get a good dose of winter.

Jack Burnett

Students swarm 'cool' new city

BACK TO SCHOOL

Visitors from Toronto, Egypt relish change of pace in N.S.

Zane Woodford
Metro | Halifax

The nights are getting colder, and the streets of Halifax are getting crowded. The students are back.

On Monday afternoon, students took to nearly every corner of the city to drum up some dollars for the Shinerama fundraiser in support of Cystic Fibrosis Canada.

Claire Moran, a first-year student from Toronto going to Dalhousie, said she was drawn to Halifax based on the city's reputation.

"I just heard lots of good things about the people and the atmosphere here," she said.

As for what she's been doing in Halifax so far, Moran was coy.

"What university kids do," she said.

Her friend Heather Grant

McLoughlin, also from the GTA and headed to Dalhousie this semester, said she's enjoying the change.

"It's a different lifestyle from the city and Ontario," she said. "It's a nice change of pace."

For Baraa Faath, the change is more drastic. He's from Egypt and has been living in Dubai. Now, he's starting his first year of engineering at Dalhousie.

"It's a different environment; there's trees instead of desert," he said. "It's small but it's cool."

The weather in Halifax is certainly cooler than he's used to as well, but so far Faath is pleased about that.



Pack leaders take new Saint Mary's University students around campus looking for recruits to their team as part of frosh week activities on Monday. JEFF HARPER/METRO

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Coast guard talks water safety

RIVER

Advice triggered by accidental arrival of 1,500 Americans

The image of hundreds of Americans on inflatable rafts and makeshift platforms bobbing helplessly down the St. Clair River as strong winds pushed them towards the Canadian shore is one Peter Garapick isn't going to forget.

The Canadian Coast Guard superintendent of search and rescue was on the water near Sarnia, Ont., when the festive air of the unsanctioned Port Huron Float Down turned tense as participants realized they were drifting towards a foreign country without their passports, cash or much clothing.

Now, just two weeks after some 1,500 stranded Americans were rescued, corralled and shuttled home, Canadian and U.S. authorities have met to discuss how they'll prepare for next year's event.

"We will engage and start the conversation with people who think they're going to consider this and say, you know, start talking safety," said Garapick.

Authorities on both sides of the border have committed to work on a co-ordinated response for future events, and a plan to encourage safety and common sense on the water, he said.

The Float Down, which has been running on and off since the late 1970s, is "inherently dangerous," but nonetheless continues to attract participants looking for a party down the river between Michigan and Ontario, Garapick said.

This year's event, however, stood out for the sheer num-



People celebrate as they start the Float Down at Lighthouse Beach in Port Huron, Mich. Thousands of people gathered for the event and floated down the St. Clair River and ended up in Sarnia, Ont. MARK R. RUMMEL/THE TIMES HERALD/THE ASSOCIATED PRESS



We knew by nine that morning it was going to be a challenge.

Peter Garapick

ber of people who had to be helped by coast guard, border services and police after high winds blew floaters clear across the border on Aug. 21.

"We knew by nine that morning it was going to be a challenge," Garapick said.

"We knew everybody was going to come our way, but it was sunny, the weather was half decent and the folks who do this are not boaters, they

are not mariners and they don't think about that."

As participants were pushed towards Canada, a number of them panicked — many looked about in dismay as the floats they were on jammed together, creating a

crush of inflatable devices. Others jumped into the rising waves and struck out for the U.S.

"This is where people die, they think they can make it," said Garapick. "We actually forced people back on their

floats."

Garapick remembers pulling a woman who was four months pregnant from the water, watching in dismay as someone tried to swim back to the American side.

"A lot of people may have never left America before and now here they are going to a foreign country without any ID," said Garapick.

THE CANADIAN PRESS

ASSISTED DYING Scores line up for legal challenge

Scores of suffering Canadians who've been excluded from the federal government's restrictive eligibility criteria for medical assistance in dying are lining up to join a constitutional challenge to the new law.

The British Columbia Civil Liberties Association, which is spearheading the challenge, has been "overwhelmed" by "scores" of responses to its call for help in the case, says Grace Pastine, the association's director of litigation.

The BCCLA has also been stunned by the response to its crowd-funding campaign to pay for the legal battle, which so far features one plaintiff — Julia Lamb, a wheelchair-bound 25-year-old who suffers from spinal muscular atrophy, a degenerative disease.

Just 10 days after announcing the constitutional challenge in late June, the BCCLA met its goal of raising \$75,000.

"It is a testament to how important and deeply personal this issue is to so many Canadians" said Pastine.

But the BCCLA — which spearheaded the four-year legal challenge that led to last year's Supreme Court ruling striking down the ban on medically assisted dying — will need a lot more donations to compete with the kind of money the federal government is evidently prepared to throw at the issue.

Under Stephen Harper's Conservatives, the government spent at least \$3.3 million on its losing legal fight to maintain the prohibition, according to a document released under the Access to Information Act.

Justin Trudeau's Liberal government has signalled its intention to vigorously defend its new law, which it maintains is a delicate balance between personal autonomy and protecting the vulnerable.

THE CANADIAN PRESS



Gyulzar Julia Yakobi, right, with grandson, Elio, and her daughters Nargis Hannah and Khadidza Ada. CONTRIBUTED

Immigration saga due to math error, family says



Gilbert Ngabo
Metro | Toronto

Relief could be on the way for a Toronto woman embroiled in an immigration case that has left her stuck in Moscow for the past two months.

Gyulzar Julia Yakobi travelled to Russia for medical treatment in July. Her permanent resident card had expired, and the Canadian embassy refused to offer her a travel document to come back.

But that could change soon, according to information from

Immigration, Refugees and Citizenship Canada.

"Should Ms. Yakobi decide to appeal the decision at the IAD, she would be entitled to a travel document to allow her to return to Canada pending the outcome of an appeal," said a spokesperson.

The family has already filed an appeal, claiming the whole saga emanated from a math error on behalf of the embassy staff, who claimed Yakobi had been physically present in Can-

ada for only 65 days out of the past five years.

The required minimum time is 730 days out of five years, and the family says she hasn't left Canada since 2013.

Yakobi's daughter Nargis Hannah said they're hopeful the office will realize the mistake and correct

it in time before more damage is done.

"We really do hope there is a quick resolution to this. Ultimately this is Canada and

there is fairness in this country," she said.

In the meantime, the family continues to raise money to put their mother up in Moscow and take care of her possessions here in Toronto. But the longer it drags on with no communication from the embassy, the more worried the family becomes.

"My mother's life is falling apart. She'll probably lose her job here, we'll probably have to get rid of her apartment because we can't afford to pay rent in two places," said Hannah.

"It's just absolute insanity. It's a big nightmare for us, and my mom is incredibly stressed."

Innovation is key, G20 says

ECONOMY

Leaders pledge 'inclusive growth' to spread benefits

China agreed to co-operate more closely with its trading partners on its politically volatile steel exports as leaders of major economies ended a summit Monday with a forceful endorsement of free trade and a crowded agenda that included the Koreas, Syria and refugees.

In a joint statement, Chinese President Xi Jinping, U.S. President Barack Obama and the leaders of Britain, Japan, Russia and other Group of 20 nations pledged to boost sluggish global growth by promoting innovation.

"The global recovery lacks momentum," Xi told reporters after the meeting. "We need to do more to unlock the potential for medium and long-term growth."

There was no mention of a global stimulus or other joint action, which officials said earlier was unworkable because eco-



Leaders pose for a group photo during the G20 Summit in Hangzhou, China. World leaders are gathering in Hangzhou for the 11th G20 Leaders Summit from September 4 to 5. GETTY IMAGES

nomic conditions vary widely from country to country.

In an effort to shore up public support for trade, the leaders promised "inclusive growth" to spread the benefits to people who have been left behind by wrenching change. That reflects a recognition that economic

strains are fueling political tensions and a growing clamour to raise barriers against foreign competition.

The statement expressed "opposition to protectionism on trade and investment in all its forms."

The governments pledged

to avoid devaluing their currencies to boost exports. They called for co-operation to reduce tax avoidance. They appealed for stepped up aid for surging global numbers of refugees and their host countries.

Chinese leaders hope the two-day meeting will increase

Chinese President Xi Jinping

their influence in managing the global economy.

They want the G20, created to respond to the 2008 financial crisis, to take on a longer-term role promoting trade and economic growth. The joint statement reflected that ambition by calling it the "premier forum" for economic co-operation.

Beijing made trade a theme of the gathering in this lakeside city southwest of Shanghai but faces complaints that a flood of low-cost Chinese steel into global markets threatens U.S. and European jobs, propelling the rise of political movements that promise to curb trade.

The joint statement calls for formation of a steel forum under the Organization for Economic Cooperation and Development to study excess production capacity.

THE ASSOCIATED PRESS

PROTECTIONISM PM warns against anti-trade sentiments

Justin Trudeau spent days urging world leaders to fight back against rising anti-trade sentiments, but he says there's little risk that protectionist forces seen in the United States and Europe will spill over into Canada.



Justin Trudeau

broadly support positive engagement with the world.

"I'd be very careful and hesitant to apply situations that might be described in other countries to Canadians because we've seen Canadians are — and all demographic groups combined — generally open and positive and optimistic about the future," Trudeau said.

THE CANADIAN PRESS

IN BRIEF

Hermine lingers offshore, bringing rough waves, rip currents

Hermine twisted hundreds of miles offshore in the Atlantic Ocean on Monday, creating large waves in some New England beach waters that lured in surfers despite the rough surf and rip currents that kept most beachgoers away on the last day of the holiday weekend.

"These are more seasoned surfers who live for the thrill of these waves," said meteorologist Kim Buttrick.

THE ASSOCIATED PRESS

Twin bombings near Afghanistan's Defence Ministry kill 24

Twin bombings near the Afghan Defence Ministry killed at least 24 people on Monday, including two security force generals, in an attack claimed by the Taliban. Public Health Ministry spokesman Ismail Kawasi said another 91 people were wounded in the attack. Interior Ministry spokesman Sediq Sediqqi said a district police chief and five police officers were killed.

THE ASSOCIATED PRESS

WILDLIFE

Giant panda no longer endangered

A leading international group has taken the giant panda off its endangered list thanks to decades of conservation efforts, but China's government discounted the move on Monday, saying it did not view the status of the country's beloved symbol as any less serious.

The International Union for Conservation of Nature said in a report released Sunday that the panda is now classified as a "vulnerable" instead of "endangered" species, reflecting its growing numbers

in the wild in southern China. It said the wild panda population jumped to 1,864 in 2014 from 1,596 in 2004, the result of work by Chinese agencies to enforce poaching bans and expand forest reserves.

The report warned, however, that although better forest protection has helped increase panda numbers, climate change is predicted to eliminate more than 35 per cent of its natural bamboo habitat in the next 80 years, potentially leading to another decline.

THE ASSOCIATED PRESS



Decades of conservation work in China have paid off for the giant panda, whose status was upgraded from endangered to vulnerable due to a population rebound. AFP/GETTY IMAGES



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ROSEMARY WESTWOOD

ON THE ALLURE OF REMOTE PROPERTY LISTINGS

Astronomical real estate costs have spawned a new pastime: contemplating the amazing deals that can be found, if only you'd agree to radical relocation.



GO BIG AND GO HOME Why pay a multimillion-dollar price tag for some second-rate ocean-view house in Vancouver when there are actual castles to be had at comparable prices? iSTOCK

couldn't afford a shed in Flin Flon, can't resist the click.

Instead of shucking out an average \$710,000 for a home in Toronto, for example, you could spend a fraction of that — just \$135,000 — for a historic 100-year-old two-bedroom cottage on 3.47 acres in P.E.I., a short stroll to the fishing harbour and beaches.

Can't you just imagine yourself playing bocce ball on that rolling green lawn, and plodding barefoot in the morning over that worn, buttery old wooden floor to pour your first cup of coffee? You could literally own this home for less than a "conventional" 20 per cent down payment in Toronto.

Even that medieval castle in England for \$2.48

million seems a like steal, given that average home prices in Vancouver are only about half that right now.

Actually, that castle is about the same cost as a run-down, three-bedroom, two-bathroom home in Vancouver, on a meagre 33-foot lot (though it does have ocean views).

Compare that to the view of your own personal 14.5 acres from the ancient windows of your literal castle, which has, naturally, eight bedrooms, seven bathrooms, and, of course, a moat.

Let's be clear: Unlike the Vancouver house, we're not talking about a tear-down. We're talking about sprawling stone walkways, beamed ceilings, sprawling gardens, and a soaker-tub set in the old turret.

Never has the New York Times "What you can get for..." real estate feature seemed more appealing than now, when that \$740,000 you might dream of paying for a home in Toronto's Corso Italia gets you a mid-century, three-bedroom, three-bathroom open-concept mid-century home on Lake Champlain in Vermont.

You've always wanted lakefront property right? That three-storey peaked ceiling with large, lazy fans hanging down? That whole wall of floor-to-ceiling windows? That wide, sun-soaked deck?

Maybe you could even get a sailboat ...

Do the Liberals know better than the polls?

HALIFAX MATTERS

Stephen Kimber



Could the answer to the pressing-to-pundits question — why hasn't Stephen McNeil called the much-anticipated-by-pundits fall provincial general election? — be... "Halifax Needham"?

Last week, the NDP's Lisa Roberts, a former journalist and community activist, convincingly won a byelection in that north-end Halifax riding, with 51 per cent of votes. McNeil's chosen standard-bearer, Rod Wilson, the executive director of the high-profile North End Community Health Centre, garnered a dismal 33.6 per cent.

There are, of course, historical explanations.

The NDP have held this seat for the last 18 years.

And yet, in 2013 — the year the Liberals swept into power — the NDP's popular, long-serving MLA, Maureen MacDonald, barely retained her seat in a 277-vote cliff-hanger. (And, with all due respect to Roberts' potential as a politician, she is — as yet — no Maureen MacDonald.)

ThreeHundredEight.com, the political polling site, currently shows McNeil's Liberals commanding the support of an incredible, unbeatable 62.1 per cent of voters provincewide. Needham, as the CBC's national poll analyst, Eric Grenier, noted last week, should have been a comfortable win.

It wasn't.

You could also make the argument that low voter turnout — 32.5 per cent — renders the result relatively inconsequential as a predictor of general elections to come.

True, but remember McNeil deliberately chose the end-of-summer, pre-Labour Day weekend, suppress-the-turnout date, believing his party would benefit. And, as Grenier reported in a post last week, "the Liberals lost almost twice as many individual votes as the New Democrats did."

Which means?

That's the question. And perhaps the answer too.

While public polls tell one story, political parties depend on more in-depth private probing to understand voters' real intentions.

The Liberals' overwhelming poll numbers certainly run counter to their actual job performance. Consider the Yarmouth ferry, Pharmacare, the film-tax credit, confrontations with public-sector workers, etc.

Could many of those who tell pollsters they support the Liberals be simply parking their votes while they assess the pre-election performance of the NDP's new leader, or the more compassionate conservative, new-look Jamie Baillie?

Is that the red flag for McNeil's Liberals?

Everyone, including McNeil, knows election campaigns often write their own, poll-destroying narratives with surprise endings.

Just ask Stephen Harper.

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Parents face 'dreaded September'

MENTAL HEALTH

Families grieve when millennials fly the nest, finally

Genna Buck
Metro Canada

This week, Tony and Lorelei Woolridge waved goodbye at the same spot in the St. John's, Nfld. airport where they've shed tears nearly every September for the past eight years. Lorelei calls it "the escalator that takes my children away."

Her daughter Julie, 25, was the first to go, at age 17, on a soccer scholarship to Farleigh Dickerson University in New Jersey. Then her oldest, Erin, 28, left to study naturopathy in Toronto. Finally, Carolyn, 21, went to Acadia University in Nova Scotia. She just headed back for her fourth year. That was the hardest.

"This time I was just sobbing," Lorelei Woolridge said.

Despite all the talk of millennials being too attached to their parents, most do eventually fly the nest. And when those close bonds are finally tested by distance, parents are often surprised by the depth of their sadness.

Tony Woolridge knows the feeling.



If there's something that a dad should do, and I'm not there to do it, that frustrates me

Tony Woolridge

Though he's immensely proud of his successful, independent kids, he said he's "miserable" the first week without them. "Both of us are not really fit to speak," he said.

"We both miss them, but I worry about the little things more," he said. His recent concern is Erin, who has been looking for an apartment: "If there's something that a dad should do, and I'm not there to do it, that frustrates me. If she was home moving from one apartment to the next, I could get a truck and move her."

For new empty-nesters, "Distress can be severe, not unlike the experiences of those going through the stages of grief and mourning," consumer studies professor Carolyn Curasi wrote in a 2013 study of Irish, English and American mothers. Some participants even reported needing antidepressants and sleeping pills to get through the upheaval.

Nicole Mills, a single parent from Mississauga, Ont., is well acquainted with the grieving process. She refers to the drive to Laurentian University in Sudbury with her daughter Jada, 19, as "the dreaded September."

"The void is quite big. Not seeing her shoes at the door can be rough," Mills said. "This year she asked me not to cry. Well, that didn't go over too well. But I don't believe I was as bad as I was the first year."

Mills, too, wants to be there for little things Jada needs. She'd like to cook meals so her daughter could concentrate on her second-year biology and psychology courses, and her goal of getting into veterinary college.

"If I could impart anything to other parents: As long as you know you've raised your child with basic life skills and confidence, they will move mountains," Mills said.

As a mother who has been through the process three times, Lorelei Wool-



Nicole Mills struggles — and cries — every September when she helps her daughter Jada, 19, pack up and head out on the drive from Toronto back to Laurentian University, five hours north in Sudbury, Ont. CONTRIBUTED

ridge advises bereft parents to stay connected on FaceTime and Skype. It's how she coped with the "emotionally destroying" impact of being apart from her girls for special occasions like Julie's engagement.

And it helped to spend those difficult first few days after saying goodbye at a cottage with her husband and extended family. It "was like medicine," she said.

"My sisters-in-law came put their

arms around me and gave me a hug and said, 'How are you doing, are you alright?' And they tell me, 'We're going to take care of you and get this off your mind.' They're recognizing the loss too. It is a loss."

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Why women aren't wearing bras

STYLE

Fashion and feminism collide in latest trend

In ancient Greece, women wrapped bands of linen across their chests. In the 1500s and beyond, restrictive corsets were commonplace among the higher classes of Western society. In 1914, American socialite Mary Phelps Jacob patented the first modern brassiere.

Since then, there have been bullet bras and Wonderbras and sports bras and the "world's sexiest bras," as Victoria's Secret claims, and all sorts of padded and plunging and push-up varieties. But in summer 2016, many women decided to ditch them all.

Across the pond, the Evening Standard declared "Free the Nipple" was this summer's biggest fashion trend, though not always tied to the feminist equality movement of the same name.

Celebrities like Kardashian-sister-turned-model Kendall Jenner have made headlines for going bra-free — in her case, following



(From left to right) Dayna Armstrong, Laura Beeston, Nekesa Mbadiwe, Britt Caron and Bora Meraj are embracing the bra-free trend. MELISSA RENWICK/TORONTO STAR

a blog post where she wrote, "I really don't see what the big deal is with going braless."

Plenty of Toronto women agree. Some cite fashion, others feminism, and many just basic comfort. Whatever the reason, it's a clear rejection of the push-up bras and uniform silhouettes long peddled by lingerie retailers.

"The pendulum is swinging the other way," says Catherine Hundleby, a professor of women and gender studies at the University of Windsor. "Many women, mainly small-breasted women, are enjoying a freedom."

That's the case for Britt Caron, a child and youth worker in Toronto. A self-described small-

chested woman, she wore padded bras when she was younger, but now, at 27, skips wearing a bra as often as possible for comfort reasons. "I'm a feminist, and a big fem-activist, and I believe women can do whatever they want, and should do whatever they want," Caron adds. "I don't believe women should feel pressure one way or the other."

During conversations of bra-free comfort, feminism is sometimes the undercurrent. Hundleby says the trend is rejecting uniformity in the fashion world — that women should all dress the same way, and wear the same bras. "Men aren't expected to hide their nipples, but women are expected to hide our nipples," she adds. "This is a response to that, fashionwise."

The shift has also led to a rise in interest in 'bralettes,' a padding- and underwire-free option found at retailers like Aerie, the American Eagle Outfitters-owned lingerie company known for its unretouched models. Google Trends shows interest in bralettes has been on the upswing since summer 2014, and peak-

ed in July 2016. After promoting cleavage-boosting bras for years, even Victoria's Secret has dubbed bralettes as "sexy," according to one of their 2016 ad campaigns. (The company is still the clear industry leader, controlling more than 60 per cent of the U.S. lingerie market, but its sales are down, says the Wall Street Journal.)

This change in consumer demand is happening against the backdrop of France's burkini ban and ongoing hurdles facing mothers trying to breastfeed in public. And it's creating a striking contrast: While many women around the world are policed for their clothing choices, others have the comparative freedom to go bra-free and, in the case of celebrities like Kendall Jenner, flaunt nipple piercings publicly.

That's raising eyebrows among some feminists. Jean Golden, a professor of sociology at Ryerson University, says the bra-free trend isn't a substantive feminist issue, or a political movement. "It's a personal choice, especially for young

QUOTED

"I didn't realize how constricting bras are until I stopped wearing them."

Nekesa Mbadiwe, 21, freelance writer

"For me, it's about being comfortable, and liking how I look. I think if you want to wear a bra, that's great. If you don't, you don't."

Dayna Armstrong, 26, floral designer

"I like the shape of my breasts. You put on a bra, and it's too round, too perfect. It doesn't look like that."

Bora Meraj, 26, bookstore employee

"Since I've stopped wearing bras, when I do wear one, I can barely get through the day."

Britt Caron, 27, child and youth worker

women, framed by the hypersexualized media portrayal of young women's bodies," she says. "It does not address systemic sexism. It could be argued it feeds into it."

TORSTAR NEWS SERVICE

Roxs Domestic Medium Hair

Roxs is a calm and pleasant cat who was found stray in the city. He enjoys being petted and spending quality time with human companions. We believe Roxs would prefer a home that can provide him with lots of company and stimulation. He would also prefer being the only feline member of the household. Roxs, who is about 8 years old, is looking forward to settling into a comfortable life in his forever home. Could it be with you?



For more information on Roxs and other adoptable furry friends, visit www.spca.ca/dartmouthshelter or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or dartmouth@spca.ca

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- 6 Kihara Gold
- 5 Pitbull ft. Flo Rida Green Light
- 4 Classified ft. Elijah Beautiful Escape
- 3 Major Lazer ft. J. Bieber Cold Water
- 2 Tinie Tempah ft. Zara Larsson Girls Like
- 1 The Chainsmokers ft. Halsey Closer



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Everyone has a savings strength

ADVICE

Discover what you excel at to make money in the long term

Gail Vaz-Oxlade
For Metro Canada

So often when the talk turns to money, people avert their eyes or scuff their toes against the ground, bashful to even get into the conversation. Not surprising really, since when the talk turns to money, most often it's about what we're doing wrong.

Here's the thing: you can't be doing it all wrong. You just can't. And so maybe what you need to do to open up the conversation with yourself (your partner, your best friend, your sister-in-law) is to focus on what you're doing right.

I'm good at discipline. I may hate collecting receipts and writing down everything I spend, but I do it. I may hate having to post all those spending-journal entries into my

monthly budget, but I do it. I may hate picking up the telephone and making the call to get a fee adjusted or a service charge removed, but I do it!

Knowing what you're good at is a great place to start when you're trying to figure out how to make things work better with both your money and your life.

Let's say you're really good at finding a bargain, but you're not so hot on the pay-yourself-first savings approach. It doesn't matter that you pay yourself first and the money is whipped away to an account, if by the end of the month you've had to transfer that money back because something cropped up and you need the "savings" to stay even in your account.

Okay, let's take your strength and turn it to the problem with your savings. Sure, you're great at spotting a bargain and shopping smart. But if you never realize the savings ... if you never take that money out of your wallet and put it somewhere you can't spend it ... you actually haven't saved a thing.

So now you're going to use your smart shopping as your springboard to save. Open



Finding and working to your financial strengths will help you battle and improve your financial weaknesses. CONTRIBUTED

up a savings account called "Smart Shopping" and every time you save so much as a nickel by shopping smart, save that money (perhaps in a jar at home first until you've accumulated \$10) by moving it to your

Smart Shopping account. Now every time you look at your balance, you can see what a smart shopper you are, because you'll have an ongoing running total of your brilliance.

The point is that most often

you need to find the motivation to do things differently.

Use a strength to pull your areas of weakness into the sunlight and eventually overcome them. Knowing what you're doing right and moving from

+ ASK YOURSELF

Are you good at ...

- Getting the best deals?
- Making your own stuff or fixing things?
- Sharing what you have with others?
- Keeping track of your money?
- Deferring the little pleasures so you have the money for the really big thing?
- Finding the highest return on your savings account?
- Finding ways to earn extra money when you need it?
- Stretching a dollar?

strength to strength makes way more sense than always beating yourself up for what you've been doing wrong.

ADVERTISING FEATURE

LET'S TALK JUNK:

Sometimes not all junk is junk.

Let's face it, we all have junk. This junk doesn't just appear, it accumulates over years. Identifying clutter and junk and making the call to a junk removal company to remove it is easy for many people; however, for others it can be difficult.

One local junk removal company, Junkery, is very aware that some people become emotionally attached to their clutter/junk and the idea of allowing someone to take it away is overwhelming.

Junkery's co-founder, Ginny Sterling Boddie, says acknowledging that not all junk is junk has been a key factor in differentiating Junkery



from other junk removal companies. "For many people, these items represent a lifetime of memories and the process of deciding what to keep and what to let go can be very emotional." Whether it's an elderly home owner who is downsizing or a family member clearing out an estate of a loved one, emotions can run high. To make the junk removal process easier, Junkery offers two types of

service: Junkery Bags – a great option for customers who don't want to be rushed through the process; or Junkery Pick Up – when the hard part is already finished and they just want it gone now.

Sterling Boddie adds "Junkery sorts, recycles and donates the majority of items picked up. This makes it easier for our clients by offering comfort in the knowledge their item will move on to someone new."

Junkery is a 100% locally owned and operated, award-winning innovative junk removal company offering free consultations to customize the most comfortable junk removal process for customers.

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Image is a depiction of the types of materials that will fit in a Junkery Bag. It is not shown in actual size.

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LEARNING CURVE

Will my summer fling survive the school year?

Summer lovin' happened so fast, and the inevitable return of September is threatening to snuff out your flame with the same speed. Whether you and your boo are attending different campuses, moving to different countries or studying in different classrooms, post-secondary can present a challenge to the most secure relationship.

So should you call it quits now or keep that connection alive throughout the school year?

"Realistically there is a high rate of break-ups when people return to their partners after Thanksgiving break," says Karl Hennig, professor of social and applied human sciences at Guelph University. "And the key is the availability of alternatives. When you have 300 to 500 students in a classroom, you suddenly have

a large pool of candidates."

Hennig reminds us however that there are always exceptions to the rule, and that many relationships can survive an academic separation with an earnest effort from both parties.

"In adult literature on the topic, we find that long-distance relationships can be just as satisfying as any other," says Hennig. "It generally comes down to communication — being willing and committed to carving out time for one another in a busy schedule."

Laura Paget, a graduate of Carleton University, says she's grateful for having given her high school relationship a fighting chance throughout her first year, but equally thankful that she and her then-boyfriend chose to part ways.

"At the time, being so young, I don't know



ISTOCK

that I had any real long-term expectations," she says. "We were having fun and when it wasn't fun anymore, we parted ways very amicably."

Paget went on to develop a close friendship with a fellow student in her third year of study, and the two recently celebrated their first anniversary as husband and wife.

"I think it's healthy to at least be open to the fact that while a door might be closing, a window is opening," says Hennig of the transition.

"And remember that a closed door isn't necessarily a permanently closed door."

Hennig cites Facebook as a wonderful tool to promote reconnections with individuals, even decades after a relationship has come to an end.

"There's a great quote I read that says 'no one ever has to say goodbye in a world of social media,'" says Hennig. "I've met couples who have come back together after university and decided to get married. You just never know."

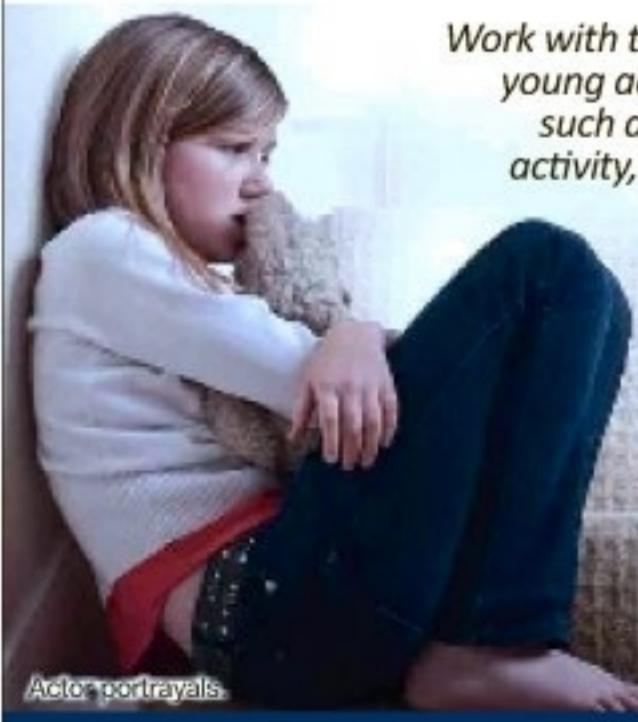
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Graduates of the Success College child and youth care worker program are prepared to support at-risk children, youth and their families who are experiencing a wide range of emotional, social, behavioural, and learning challenges in a positive, safe environment.

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Success College meets or exceeds the highest quality standards in Canadian post-secondary education," says Maguire.

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In the field of health care, there are a variety of career options, each essential to the smooth operation of the health-care system.

One of these important roles is that of the medical office administrator.

As a medical office administrator, you are at the centre of it all and the medical office administration program offered through Maritime Business College can train you how to effectively manage a medical office.

"A medical office is a dynamic place with a wide variety of activities happening all the time," says Dave Maguire, marketing director, Maritime Business College.

Throughout the program, students will learn practical skills, including computer applications, medical terminology, medical transcription and medical office procedures, combined with important human relations, and verbal and written communications skills.

As a successful graduate of the medical office administration program, you will be proficient in office practices and software, enabling you to manage a medical office, receive visitors, and



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build applications.

There is a strong emphasis on computer applications in the program, from word processing and computerized accounting to managing schedules and patient information.

"This is a fairly large occupation in Nova Scotia, with employment around 1,050, and so job opportunities occur fairly regularly," says Maguire.

Recent graduates have gone to work at Capital Health, optometrist offices, private practices, medical clinics, and specialist's clinics.

This program has been designed so that a two year program can be completed in just 13 months.

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daVinci College is a private career college that offers programs in art, technology and health care.

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Soccer star Megan Rapinoe knelt for the national anthem Sunday before the Seattle Reign's game "in a little nod" to 49ers QB Colin Kaepernick



Youth aren't intimidated

WORLD CUP OF HOCKEY

North America's under-24 team likes its chances in tournament

Connor McDavid believes Team North America's youth will be the group's main asset at the World Cup of Hockey, not its Achilles' heel.

Last year's first-overall draft pick was optimistic following North America's 90-minute practice at Bell Centre on Monday—the team's first of 13 practices ahead of its tournament-opener against Finland on Sept. 18.

"Everyone has us pegged as the underdogs and we'll happily take that," said the 19-year-old McDavid. "We're going to surprise some teams. We have a lot of speed and skill."

"That's definitely our character trait. We just have to use it to our advantage."

North America, which is made of the top players 23 years old and younger, is in a pool with veteran-filled teams Sweden, Finland and Russia.

McDavid's sentiment that skill and speed will be a game-changer for Team North America was



Team North America player Connor McDavid, right, talks with assistant coach Jay Woodcroft during training camp in Montreal, Monday. GRAHAM HUGHES/THE CANADIAN PRESS

echoed throughout the dressing room.

"What's going to help us is how fast we are," said Edmonton's Ryan Nugent-

Hopkins. "We have youth on this team, so we should be able to jump into things right away."

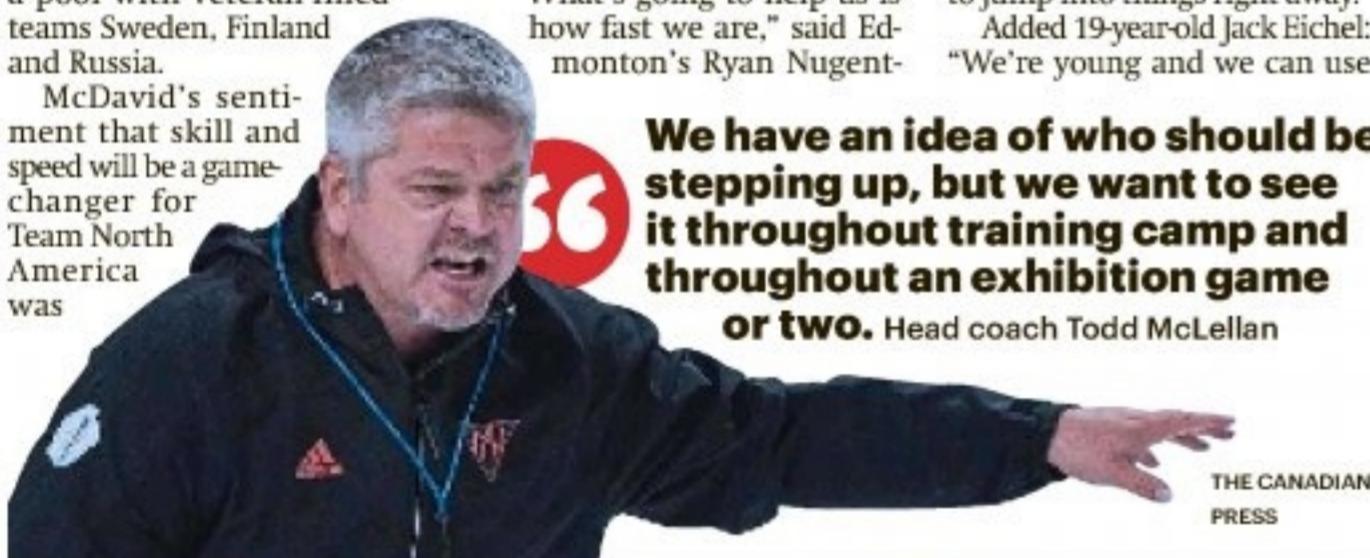
Added 19-year-old Jack Eichel: "We're young and we can use

that to our advantage. We can play with a lot of pace."

Colorado's Nathan MacKinnon suggested the tournament's format—three group-stage games followed by a semi-final and a best-of-three final series—was to North America's advantage.

"This isn't a full season or playoffs," said MacKinnon, a former Halifax Moosehead who is one of 11 Canadians on Team North America. "This is one-and-done. We have the talent and ability to beat anyone. I don't think there's a more skilled team than ours."

THE CANADIAN PRESS



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IN BRIEF

McIlroy returns to winning ways with new putter

Rory McIlroy rallied from six shots behind Monday and closed with a 6-under 65 to win the Deutsche Bank Championship for his first PGA Tour victory of the year.

One week after working with a new putting coach and changing putters, McIlroy closed out the front nine with three straight birdies to take the lead and got up and down from a bunker for birdie on the final hole.

THE ASSOCIATED PRESS



Nathan MacKinnon and Jonathan Drouin GETTY IMAGES

Head coach Todd McLellan tested out line combinations for the first time on Monday after weeks of brainstorming.

McDavid played with Mark Scheifele of the Jets and Jonathan Drouin of the Lightning. Johnny Gaudreau was on a line with Eichel and Brandon Saad, while Auston Matthews practised with MacKinnon and Nugent-Hopkins.

Team North America's potential fourth line combined Dylan Larkin with Sean Couturier and newcomer Vincent Trocheck. New York's J.T. Miller was the extra skater.

The Quebec-born Drouin, another former Moosehead who was one of Tampa Bay's best players in the post-season last year, was thrilled to be paired with McDavid.

"As time moves on, we'll see if there's chemistry," said Drouin. "He's exceptional, everybody knows it. You saw just today at practice how quick he is, how smart he is with the puck."

On defence, Morgan Rielly was paired with Aaron Ekblad. Shayne Gostisbehere played with Colton Parayko while Ryan Murray was on a pairing with Seth Jones. Jacob Trouba was the extra skater on defence.

THE CANADIAN PRESS

Serena takes lead in major match victories

Serena Williams surpassed Roger Federer for most Grand Slam match victories in tennis' Open era with No. 308, a 6-2, 6-3 win over Yaroslava Shvedova on Monday to reach the U.S. Open quarter-finals.

Williams next faces No. 5 Simona Halep.

THE ASSOCIATED PRESS

Ellsbury leads Bronx Bombers past Blue Jays

Jacoby Ellsbury overcame a first-inning deficit against R.A. Dickey with a two-run homer on the knuckleballer's third pitch of the game, then added an RBI single to lead the Yankees over the Toronto Blue Jays 5-3 Monday in New York.

Masahiro Tanaka (12-4) allowed two runs and seven hits in 6-1/3 innings to earn the win. THE ASSOCIATED PRESS

RECIPE Mini Turkey Meatloaves

PHOTO: MAYA VISNEV

Ceri Marsh & Laura Keogh
For Metro Canada

There is so much to love about these wee meatloaves from their healthy mixture of ground turkey, oats and veggies to the fact they pack up nicely in the freezer.

Ready in 1 hour

Prep time: 15 minutes
Cook time: 45 minutes
Serves 4

Ingredients

- 1 glug of olive oil
- 1/3 cup onion, diced on the fine side
- 1/3 cup celery, diced small
- 1/3 cup carrot, peeled, diced small
- 1 tsp fennel seeds
- 1/2 cup of rolled oats
- 1 1/2 pound of ground turkey
- 1/4 cup ketchup
- 1 egg
- 1/4 cup Parmesan, grated
- 2 Tbsp ketchup

• 1 tsp Worcestershire sauce

Directions

1. Preheat oven to 375 degrees F. Warm olive oil in pan over medium heat. Add vegetables and the fennel seeds and allow to soften, 3 to 5 minutes. Remove from the heat and allow to cool a bit.
2. In a large mixing bowl, combine meat, oats, ketchup, sautéed vegetables, cheese and egg. Mix with clean hands or a fork. Use a 1/3 cup measure to scoop mixture and put it in muffin tin.
3. In a small bowl, mix 2 Tbsp of ketchup and 1 tsp of Worcestershire sauce. Use a small spoon to smear glaze over mini meatloaves. Pop in oven 40 minutes. The internal temperature for meatloaf should be 160 to 165 degrees F.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Trudges
6. Samantha _? (2007 to 2009 comedy series starring Christina Applegate)
9. He was a Titan
14. Ms. Linney
15. Poetic occurrence
16. Jokes-filled celebrity tribute
17. Mindful/considerate
19. Devil
20. Computers: Prefix to 'byte'
21. Like __ not...
22. Notes __ Scan-dal (2006)
23. Excused from
25. Nonchalantly
29. Water bird
31. BC: __ Mountains Provincial Park
32. Unhappy
35. Actually
37. Reclined
38. Prefix to 'comedy' (Theatrical genre)
40. Also
41. "So __ a song of love, Julia." - The Beatles
42. "The Simpsons" bus driver
43. __- Clan (Hip-Hop group)
45. 'Legal' suffix
46. More churned
48. Bagpiper's outfit piece
50. Dutch painter, Piet (b.1872 - d.1944)
52. Defends
56. Crete's country, curtly
57. Rich
59. Don Juan type
60. Electric shavers name
62. Thankfulness
64. Thicket
65. Request
66. Shock weapon
67. Second-year students, briefly
68. Observe
69. Skirt alternative
70. Electric shavers name
72. Thankfulness
74. Thicket
75. Request
76. Shock weapon
77. Second-year students, briefly
78. Observe
79. Skirt alternative
80. Part of organist
81. The Phantom's attire: 2 wds.
82. Disposable gloves material
83. Off-the-wall
84. Imagined
85. Antonio, Texas
86. Speck
87. Mayhem
88. Part of organist
89. The Phantom's attire: 2 wds.
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